Hello Off-Season Piranhas Parents:

The coaches are so excited to start our Fall season. We hope your swimmer(s) had a great summer season, and possibly some time off in July or August. We know everyone is getting back into the school schedule and all activities involved.

Here are some important announcements for the start of our swim season – it is lengthy, please read all of it. Familiarize yourself with ALL information on our website – we have updated links with many new changes for this year, including required demonstrations prior to registration for all new swimmers under age 9, new practice durations, new equipment requirement for ages 13 and up, and much more – please read the website links on the Piranhas team page.

**SEPTEMBER PRACTICES:**

Our FIRST PRACTICE IS TUESDAY, Sept. 6th (day after Labor Day). We have a total of 13 practices offered in September, which includes an informal time trial swim meet on Sunday, Sept. 18th (more info. on that below). We offer practices on most Mondays, Tuesdays, Thursdays, and Sundays in September and October. Be sure to **study the dates each month**, as **the frequency per week can vary due to Jewish Holiday closures**. Please choose the practices that fit into your schedule up to the amount you registered for. All specific dates and times are posted on our website ([www.coachlisa.org](http://www.coachlisa.org), click on the “SWIM HOUSE” page, then “youth swimming”, you will find a link called “current monthly schedule”). For your convenience, there is a printable calendar that you can download on the website for each month. September practice dates are: Sept. 6, 8, 11, 12, 13, 15, 18, 19, 20, 22, 25, 26, and 27 (no practice on Thurs. Sept. 28 due to a Jewish holiday closure).

**PRACTICE DURATIONS – NEW THIS YEAR!**

For September and October practices on Mondays, Tuesday, and Thursdays, please bring children ages 7-9 for 45 minutes from 4:15pm-5:00pm, children ages 10-12 for 1 hour from 5:00-6:00pm, and ages 13 and up for 1 hour 15 minutes from 5:00-6:15pm (unless otherwise told).

**SUNDAYS IN SEPTEMBER:**

Each Sunday in September is different. On Sept. 11th ages 7-9 will practice from 11am-12pm, ages 10 and up from 12-1pm. September 18th is our informal and optional time trial swim meet. It is in place of our practice that day – all swimmers are encouraged to come in order to get baseline times to measure progress over the season. All swimmers will come from 11am-1pm for the time trial on Sept. 18th – more information will be coming about the time trial meet. On September 25th practice is from 11am-12pm for all ages (only one practice time that day).

**CODE OF CONDUCT:**

Please read the parent information and code of conduct file found online (follow the link on the youth swimming page). We require that you PRINT THE LAST PAGE (the code of conduct) and have both the parent and swimmer sign it and bring it their first practice. This file also contains driving directions to the JCC (map link also online), and a list of required equipment.

**REQUIRED EQUIPMENT:**

All swimmers must bring their own pair of FINS to EVERY PRACTICE, along with a working pair of goggles and swim cap if desired. We will not have loaner fins for the swimmers. Please send your swimmer with his or her own pair of marked fins to EVERY PRACTICE. We will supply kick boards and pull buoys. All swimmers with long hair must have hair securely tied away from their face, or wear a swim cap (highly recommended). In the colder months (Nov – Feb.), swim caps are required for all swimmer, including boys, to retain body heat.

NEW THIS YEAR, Ages 11 and up will need pulling paddles. These should be sized to the swimmer’s hand such that the edge of the paddle extends just barely beyond the fingertips. For ages 11 and up, we also recommend a mesh equipment bag to hold their fins and paddles. This can be brought to the pool deck and kept at their lane when swimming – it’s made to get wet. It will help to minimize misplaced equipment. All equipment can be found at the Lane 4 swim shop at Hwy 183 and Burnet Lane. Please mark all equipment with the swimmer’s name in permanent ink!

**PARENT POOL DECK ETIQUETTE:**

During practice time, we ask that parents remain under the pavilion area and not on the swim deck immediately around the pool. Coaches reserve the right to ask parents to move or leave the pool area if problems arise with this, or if your swimmer would be better served by not having you there. Under no circumstances are parents allowed to coach their child or the coaches. Please let us do our job, and recognize that this is a group swimming environment and not private lessons. We do our best to give equal attention to all swimmers, while also working on the fine tuning needed for proper technique. We welcome your comments and feedback, just not during practice while we are actively coaching the kids.

**PARENT MEETINGS:**

On the first Tues. and Thurs. of practice, we will hold a brief parent meeting for the first 5-10 minutes to introduce the coaches and give various reminders. Please come meet us if you can – we like to know our swimming families. If you have quick questions, we will answer them before practice starts. For any lengthy personal issues or concerns, please either wait until after the last practice, or schedule a meeting time with either coach. We have an open door policy and are always happy to meet with parents as needed. Don’t hesitate to let us know how we can better assist your swimmer.

**USA SWIMMING MEETS:**

For those swimmers interested in USA Swimming meets, we are having a parent information session on **Sunday, September 11th** after the last practice at 1:00pm at the JCC pool pavilion area. We will be offering to take swimmers to 3 USA meets this year between October – February (specific dates TBA). This is an extra option offered only to swimmers age 8 and above willing to practice a minimum of 3 times per week with certain time qualifiers (TBA) and coach approval. This is not appropriate for all swimmers, and though we expect this group to grow a little each year, we do not believe it will be a large portion of our group. There will be guidelines, dates, and extra fees discussed at the parent meeting, as well as Q&A. Please RSVP to Coach Lisa if you will be attending this meeting and are interested in USA swimming meets for your swimmer. ([lisa@coachlisa.org](mailto:lisa@coachlisa.org))

Please contact us by email or phone if you have further questions, and we look forward to seeing you at the pool.

Coach Lori and Coach Lisa

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